



HEATHERWOOD MIDDLE SCHOOL

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Laura Phillips, *Principal*
Robert Aguilar, *Assistant Principal*

To: Parents/Guardians of 8th graders who are eligible to apply for a PE waiver

From: Robert Aguilar, Assistant Principal and John Lerner, 8th Grade Counselor

Dear Parents/Guardians-

Today Mr. Lerner and I hosted an overview of the PE waiver process for students who are eligible to apply for a waiver.

Specific components include:

1. An application, which student were provided today, is due on Monday, October 2nd.
(If you unable to obtain an activity supervisor's signature by the due date, please complete as much of the application as possible, keep a copy for you records, turn the application in on time, and try to obtain that signature when possible.
2. Submit completed activity logs showing 1st semester progress by January 10th 2018 (target- 1800 minutes document, or 1 school sport completed).
3. A one page reflection paper (see reverse for details), which ALL students need to complete, and final activity logs are due by June 1st 2018. (3600 minutes documented, 2 school sports completed, or 1 school sport and 1800 minutes).

All items are to be submitted to Mr. Lerner by these dates. Applications will be reviewed to ensure that students have an acceptable plan that meets the requirements for the waiver. Attached is a document from Everett Public Schools ("*Eighth Grade PE Waiver Request Process*") which was provided at our student meeting today. Please refer to this document for more details.

3600 total minutes of outside of school activity needs to be logged using the attached log sheet, in order to meet the eligibility requirement. As the EPS documents states, satisfactory completion of any two (2) Heatherwood sports is one way to meet the requirement for a PE waiver. Note that we do have two (2) remaining *non-cut sports* that students can be part of here at Heatherwood: Wrestling, which begins on February 5th 2018 and Track, which begins on March 30. Students may also complete one (1) Heatherwood sport and an outside club or activity, or may participate exclusively in outside of school clubs or organizations. If students choose to participate in Heatherwood after school sports to meet their required minutes, they do NOT need to complete the attached log. The log is solely for outside clubs or organizations. Note- students must fully participate practices and compete in school sports in order to meet the PE waiver requirements.

Students who do not have an approved application by October 2nd will be placed into PE for one of their electives 2nd semester. Students who have not documented adequate progress through the first semester by January 10th will also be placed in PE 2nd semester. This is to ensure that the student meets the state requirement for physical activity.

If you have questions, please contact Mr. Lerner.

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